What is claimed is:

- 1. A method for treating a decline in cognitive function related to male menopause in men comprising administering a selective antiestrogen.
- 2. A method for treating Alzheimer's disease related to male menopause in men comprising administering a selective antiestrogen.
- 3. A method for treating insulin resistance related to male menopause in men comprising administering a selective antiestrogen.
- 4. A method for treating weight gain related to male menopause comprising administering a selective antiestrogen.
- 5. A method for treating type 2 diabetes related to male menopause comprising administering a selective antiestrogen.
- 6. The method according to claim 1, 2, 3, 4, or 5, wherein the selective antiestrogen is tamoxifen.
- 7. The method according to claim 1, 2, 3, 4, or 5, wherein the selective antiestrogen is tamoxifen citrate.
- 8. The method according to claim 1, 2, 3, 4, or 5, wherein the selective antiestrogen is clomiphine.

- 9. The method according to claim 1, 2, 3, 4, or 5, wherein the selective antiestrogen is clomiphine citrate.
- 10. The method according to claim 9, wherein the clomiphine citrate comprises the cis isomer.
- 11. The method according to claim 9, wherein the clomiphine citrate comprises the trans isomer.
- 12. A method of treating Alzheimer's disease, comprising administering a selective antiestrogen.
- 13. A method of treating insulin resistance, comprising administering a selective antiestrogen.
- 14. A method of treating type 2 diabetes, comprising administering a selective antiestrogen.
- 15. A method of treating a decline in cognitive function, comprising administering a selective antiestrogen.
- 16. A method of treating weight gain, comprising administering a selective antiestrogen.
- 17. The method according to claim 12, 13, 14, 15, or 16, wherein the selective antiestrogen is tamoxifen.
- 18. The method according to claim 12, 13, 14, 15, or 16, wherein the selective antiestrogen is tamoxifen citrate.

- 19. The method according to claim 12, 13, 14, 15, or 16, wherein the selective antiestrogen is clomiphine.
- 20. The method according to claim 12, 13, 14, 15, or 16, wherein the selective antiestrogen is clomiphine citrate.
- 21. The method according to claim 20, wherein the clomiphine citrate comprises the cis isomer.
- 22. The method according to claim 20, wherein the clomiphine citrate comprises the trans isomer.